



CENTER DAY 2018 SCHEDULE EAST-WEST MEDITATION PROGRAM FR. GREG MAYERS, C.S.S.R., TEACHER

Day of Practice and Community
for those using a meditative discipline

Meeting on the first Sunday of the month

February 4, March 4, May 6, June 3, July 1, August 5
September 2, October 7 and December 2

No Center Day meeting in January, April, November

Sample Center Day Schedule

9:00 am	Meditation	Rose Room
9:30 am	Interviews with the Teacher	Bonsai Room
10:30 am	Walking Meditation	Rose Room
11:00 am	Meditation	Rose Room
11:30 am	Eucharist	Rose Room
12 Noon	Potluck Lunch	Birch Room

Center Day is part of the ongoing East-West Meditation program at Mercy Center Burlingame. Individual interviews with the teacher are available throughout the morning.

A \$20 donation is suggested to support the program (make checks payable to Mercy Center); however, any donation you are able to contribute is gratefully accepted. Your *presence* is most important.